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Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE · WASHINGTON, D.C. 20250

35TH YEAR

FEBRUARY 6, 1978

NO. 6

THINK SPRING . . . IT'S TIME!

Did you know that more plants grown in containers fail due to improper watering than from any single cause? And...that plants given too much water may develop plant rot? All in all, watering is probably the most critical task for a would-be gardener according to horticulturists at the U.S. Department of Agriculture. The 1977 annual yearbook of agriculture, "Gardening for Food and Fun" provides all these tips on "how-to" enjoy gardening.

With less than 36 days until spring most gardeners have already started their work in earnest. Many have started early plants in pots, soil and fertilizer intact. Discarded food cartons are often the perfect size for this use.....and peat pots or peat pellets are readily available. Whether you are a beginner or an experienced gardener, the yearbook will point the way towards more food and fun in gardening.

Have you often thought of growing something different in your vegetable garden? The yearbook suggests planting some uncommon vegetables like celeriac, chayote, dasheen, globe artichoke and horseradish to name a few. Most of these vegetables are, for the most part, of no commercial importance in the United States.

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USDA 264-78



...working with peat pots which come as wafer-like disks and swell when placed in water.

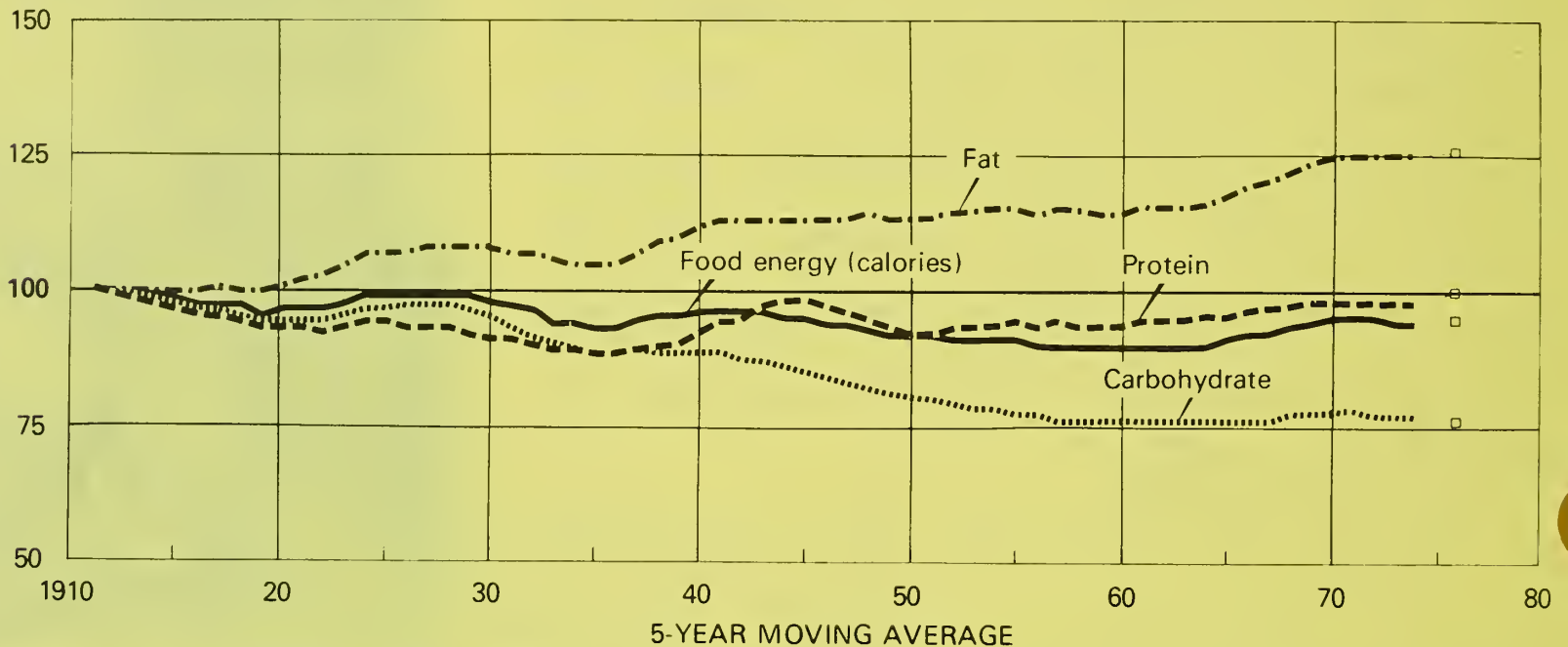
FOOD CONSUMPTION

The 25-percent per capita increase in the fat level in the national food supply since early in the century has offset in part the decline in food energy (calories) resulting from a 25-percent drop in the carbohydrate level. In 1976, food energy consumed was only about 5 percent less than in the early 1900's. Total carbohydrate dropped despite the gain in use of sugars,

(mostly refined) because of the decreased use of flour and cereal products. The increased use of food fats from vegetable sources accounts for the upward trend in total fat. The level for protein is now at about the early level; the low level occurred during the depressed economy of the 1930's when consumption of many foods was down.

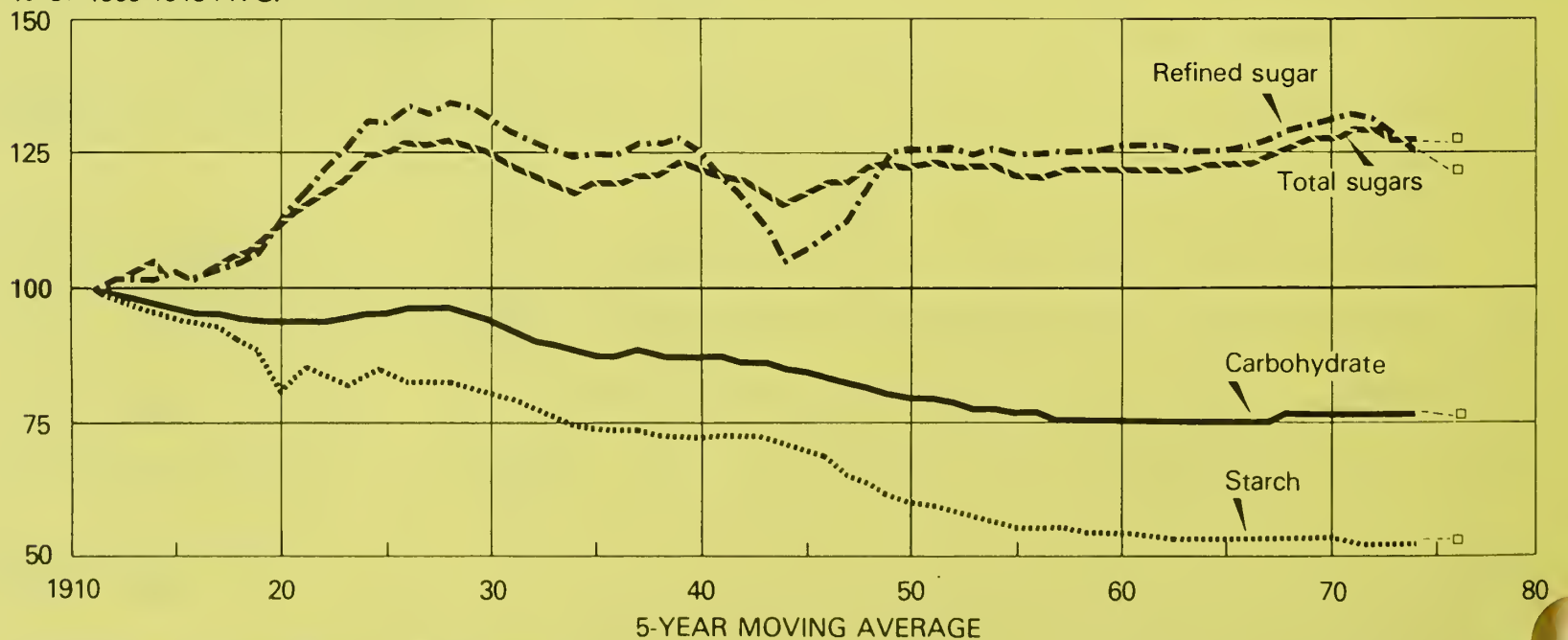
CONSUMPTION OF FOOD ENERGY, PROTEIN, FAT, AND CARBOHYDRATE

% OF 1909-13 AVG.



CONSUMPTION OF TOTAL SUGARS, REFINED SUGAR, STARCH, AND CARBOHYDRATE

% OF 1909-1913 AVG.



"TISSUE FROM GROUND BONE"

...COMMENT PERIOD EXTENDED

Written comments from consumer and industry on the proposal to allow the use of "tissue from ground bone" (TFGB) in certain meat products, has been extended to March 20th. A public hearing will be held February 14th at 10 a.m. at the Inter-departmental Auditorium, 1301 Constitution Ave. N.W. (Conference room B), Washington, D.C. Persons wishing to give oral testimony should contact Dr. W. J. Minor, Issuance Coordination Staff, Meat and Poultry Inspection, Food Safety and Quality Service, USDA, Washington, D.C. 20250.

Tissue from Ground Bone is meat acquired by the mechanical separation from bones. It could be used as an ingredient in certain meat products---with specific limitations---provided that the product was clearly labeled as containing tissue from ground bone. The additional time for comments is also to give non-governmental scientists an opportunity to review the scientific findings and methods of the panel of government scientists who evaluated the health and safety aspects of the proposal.

All written comments will be available for public inspection in the office of the Hearing Clerk during regular hours of business.

ON LOOKING AHEAD

— TO OUTLOOK '79 CONFERENCE

Focus for the 1979 Food and Agriculture Outlook Conference will be on international trade, the commodity outlook and family living. It will be held on November 13-16 at the U.S. Department of Agriculture, Washington, D.C. The Outlook conference, which is open to the public, has been held annually since 1923.

THINK SPRING (CON'T)

But---for home gardeners, they can add a new dimension to their garden and provide a challenge by growing something different. The reward may offer something beyond your usual dinner fare.

Celeriac is like celery, carrots, parsley, parsnips and dill---it is a member of the Parsley Family and grows to about 36 inches in height. Actually the celeriac bulbs may be boiled like potatoes and used as such (but cooked slightly longer than potatoes). It may also be grated raw as a salad topping.

Chayote may be called a "vegetable pea" because it's light green and pear-shaped fruit that is served with salad dressing or stuffed after boiling with ground meat or seafood. It's considered an excellent substitute for squash. Historically, chayote dates back to the Aztecs before the Spanish conquest according to the yearbook.

Chayote should be planted when all danger of frost and cold weather has passed. The whole fruit should be planted on a slant with the broad end down and the stem end slightly exposed. The vine grows rapidly when planted in a rich, well-drained soil with plenty of organic matter.

In-depth information on growing and preserving unusual, as well as common vegetables is discussed in the yearbook. "Gardening for Food and Fun" is available for \$6.50 from the Supt. of Documents, GPO, Washington, D.C. 20402. Order by stock number 001-000-03670 3. (A limited number of copies may still be available from your Congressperson, or one of your Senators.)

FOOD CLIPS

Nonfat dry milk, reconstituted, is not only less expensive than fluid milk but also has fewer calories than whole milk. It can also be reconstituted in small amounts for a one or two person family.....and it takes little storage space reminds USDA home economists.

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Canned tomato soup, undiluted, may be used as a sauce over meatballs or with quick-cooking rice to make spanish rice for a "quickee" meal.

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Winter weary from trying to think of new menus? Form canned corned beef hash into patties, top with a slice of pineapple and grill.

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Chopped onion, green pepper, tuna and condensed chicken soup, undiluted may be topped with an unbaked baking powder biscuit...bake and serve when the biscuit is brown.

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Fluid skim milk made from nonfat dry milk can be used in the recipes that call for milk.

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Serving crepes tonight? Try chopped cooked broccoli instead of spinach for variety.

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Food and Home Notes, a weekly newsletter directed to mass media outlets, is published by the United States Department of Agriculture's Press Division, Washington, D.C. 20250. Editor: Shirley Wagener Phone: 202-447-5898
